



THE UMB ADVANCE

A Newsletter of the
United Missionary Baptist Association of New York, Inc

UNITED MISSIONARY BAPTIST ASSOCIATION LEADERSHIP TEAM



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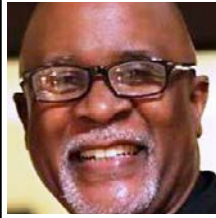
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A NATIVE TEXAN RAISED IN LOS ANGELES, VIRGINIA K. LEE - is a Church Mother at the Memorial Baptist Church, where Rev. Dr. Renee F. Washington Gardner is Pastor. There she is also Poet Laureate and co-chair of the church's Arts Ministry. With a BA in Sociology from Cal State LA and a Masters' degree in Education from the City College of NY, Mother Lee is an adjunct Professor at the Borough of Manhattan Community College. This poem is part of a five-piece collection of poems about women in the Bible. Mother Lee is a proud member of the Alpha Kappa Alpha Sorority.



Mission Statement

We exist to encourage cooperative Christian activity among the churches, to promote missions on the New Testament basis, to stimulate interest in Christian Education and Christian literature, to initiate any other work in harmony with the Master's Will for His Churches, and to provide a medium through which the churches may cooperate in these enterprises!

UMBADVANCE is a quarterly publication of the United Missionary Baptist Churches. It's purpose is to inform our constituent churches about the events promoted in UMBA.

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THE MODERATOR'S MESSAGE



Grace, Mercy and Peace from God our Father and Jesus Christ our Lord.

I am eternally grateful to God for the Blessed privilege to serve and Minister with all of you as co-laborers in the Kingdom of God in the name of Jesus our Savior and Lord.

To the UMBA Leadership, Pastors, Presidents and to each and every one of our constituents of Member Churches, we're moving forward by Faith into a New Year of Missions and Ministry.

As we move forward, let's resolve to keep our priorities right! So we begin this UMBA year with an emphasis on True Worship. I am going to say something to you which may sound strange. It even sounds strange to me as I say it, because we are not used to hearing it within our Christian fellowships. We are saved to worship God. All that Christ has done for us in the past and all that He is doing now leads to this one end.

There is a necessity for true worship among us. If God is who He says He is and if we are the believing people of God we claim to be, we must worship Him. I do not believe that we will ever truly delight in the adoring worship of God if we have never met Him in personal, spiritual experience through the new birth from above,

wrought by the Holy Spirit of God Himself!

Worship is to the Christian life what the mainspring is to a watch, what the engine is to a car. It is the very core, the most essential element.

Worship cannot be isolated or relegated to just one place, time, or segment of our lives. We cannot verbally thank and praise God while living lives of selfishness and carnality. That kind of effort at worship is a perversion. Real acts of worship must be the overflow of a worshipping life.

In Psalm 45:1, David says, "My heart overflows with a good theme." The Hebrew word for overflow means "to boil over," and in a sense that is what praise actually is. The heart is so warmed by righteousness and love that, figuratively, it reaches the boiling point.

Praise is the boiling over of a hot heart. It is reminiscent of what the disciples experienced on the road to Emmaus: "Were not our hearts burning within us?" (Luke 24:36). As God warms the heart with righteousness and love, the resulting life of praise that boils over is the truest expression of worship.

Here is a simple definition of worship: worship is honor and adoration directed to God. The New Testament uses several words for worship. Two of them particularly are noteworthy. The first is *proskuneo*, a commonly used term that literally means "to kiss toward," "to kiss the hand," or "to bow down." It is the word for worship used to signify humble adoration. The second word is

latreuo, which suggests rendering honor, or paying homage.

Both terms carry the idea of giving, because worship is giving something to God. The Anglo-Saxon word from which we get our English word is *weorthscipe*, which is tied to the concept of worthiness. Worship is ascribing to God His worth, or stating and affirming His supreme value.

When we talk about worship, we are talking about something we give to God. Modern Christianity seems committed instead to the idea that God should be giving to us. God does give to us abundantly, but we need to understand the balance of that truth—we are to render honor and adoration to God. That consuming, selfless desire to give to God is the essence and the heart of worship. It begins with the giving first of ourselves, and then of our attitudes, and then of our possessions—until worship is a way of life.

Another example of our wrong thinking about God is the attitude of so many that God is now a charity case. Many feel like our God is a kind of frustrated foreman who cannot find enough help. God stands at the wayside asking how many will come to His rescue and begin to do His work.

Oh, if we would only remember who He is! God has never actually needed any of us—not one. But we pretend that God does and we make it a big thing when someone agrees "to work for the Lord."

We all should be willing to work for the Lord, but it is a matter of grace on God's part. I am of the opinion that we should



GOD HAS A RELIGION: IT'S CALLED LOVE

After what I've been through when it comes to religion and firm beliefs, I've come to think that God indeed has a religion—and it's called Love.

By love, I'm referring to that deep, abiding principle that causes someone to consistently help and uplift others, despite personal inconvenience, simply because there's a need. I'm talking about that which causes a reasonably well-off family to move to the poor side of town because they believe they can't make a difference in the community without living in it. Which reminds me—I'm talking about God's religion, and there it is in John 1:14 (MSG): "The Word became flesh and moved into the neighborhood."

WHAT LOVE LOOKS LIKE AND DOES

In the Gospels, we don't find Jesus proselyting, debating beliefs, or recruiting to a church. Rather, he moves from his heavenly home ("down through forty and two generations," as the old preachers would say) into the neighborhood of our world. He leaves the heavenly hosts and forms relationships with sinners. He serves with them, eats with them, talks with them, washes their feet. He pours out unconditional love. Jesus never put religious beliefs ahead of relationships with people and loving them.

Yet many of us who are professed followers do just that. We use religion as a condition

for genuine relationships. From personal experience, I know that there's no limit to ways in which people divide and separate themselves from one another based on particular beliefs. I grew up under an extreme version of doing that very thing.

THIS IS MY STORY

When I was about six years old, my parents -- believing that Jesus was soon to return -- began radically changing our lives in preparation. They separated my brothers and me from society, purchased 50 acres of mostly undeveloped land, and moved us into an old abandoned house. We lived without electricity, indoor plumbing, TVs, radios, or telephones under often harsh conditions. We endured sub-freezing indoor temperatures along with rain and snow. We grew our own food, made our own clothes, and tended to our own medical problems. My mother and I wore bonnets and long dresses every day. We children received strict religious training and learned to vigorously defend our every belief. My parents weren't trying to be extreme; they were trying to live out everything they believed and train their children accordingly.

By the time I was 15, I noticed that even though very few shared our many strict views, that did not stop arguments and divisions from arising. Having a different idea about something as minute as whether to use free running oil in cooking or only

as it existed naturally in nuts, for example, caused a major dispute. Disagreeing over which phase of the moon's cycle ushered in the new moon Sabbaths that we observed was grounds enough for ordering someone off our property.

Once, a church member we met invited us to her home. She took great pains to prepare a meal in accordance with her understanding of our dietary restrictions. But instead of appreciating her hospitality, we questioned every detail. What was her water source—the tap? No, only fresh spring or distilled water would do. What kind of salt did she use—regular table salt? No, only sea salt! Oil? It must be cold-pressed safflower or olive oil, never corn or canola. Her pots? Only stainless steel or cast iron were allowed. Of course, as careful and considerate as she was, she couldn't meet our standards. Ultimately, we refused her food. The list of beliefs that could divide us from others was as endless as many of the issues were minute.

LEARNING CHRIST'S WAY

However, simply by reading the Bible for myself, I began to discover Jesus demonstrating a religion of love. He moved into the neighborhood rather than separating from society. He formed relationships with people who came from completely different belief structures than his own. And He ate with sinners, not criticized their food. Continued on page 9

not be concerned about working for God until we have learned the meaning and the delight of worshipping Him

Because we are resolved to Worship in Spirit and Truth.....

- We will Dedicate our First Church plant the "United Missionary Baptist Church of Lesotho Africa
- We have constructed a Playground for Children in Soweto, Johannesburg, South Africa
- We have contributed to the immediate needs of three member Churches
- We have increased our Home Missions emphasis in the NY

Metropolitan Area

- We have enhanced and strengthened our UMBA Congress and instituted Area Seminars.
- New Constitution! New Publications! Greater Youth Participation!!!

Because we are resolved to Worship in Spirit and Truth

- **We believe we can contribute \$25,000 towards the construction of a new daycare at W.W. Brown Missions in Soweto, South Africa**
- **We believe we can begin the research and fact finding to develop a charter school owned and operated by UMBA in 2 years.**
- **We believe we can engage at least 10 more churches into UMBA.**

- **Ordain and commission 10 plus ministers into Gospel Ministry**
- **Do The Impossible**

A worshiper can work with eternal quality in their work. But a worker who does not worship is only piling up wood, hay and stubble for the time when God sets the world on fire.

The reason that Jesus Christ was born of the virgin Mary to suffer under Pontius Pilate to be crucified, dead and buried, the reason that He overcame the sharpness of death and rose again from the grave is that He might make worshipers out of rebels....

Because of Calvary

Rev. Dr. Anthony Lowe

Rebel /Worshiper Moderator

Poetry Corner

A NATIVE TEXAN RAISED IN LOS ANGELES, VIRGINIA K. LEE IS A CHURCH MOTHER AT THE MEMORIAL BAPTIST CHURCH, WHERE REV. DR. RENEE F. WASHINGTON GARDNER IS PASTOR. THERE SHE IS ALSO POET LAUREATE AND CO-CHAIR OF THE CHURCH'S ARTS MINISTRY. WITH A BA IN SOCIOLOGY FROM CAL STATE LA AND A MASTERS' DEGREE IN EDUCATION FROM THE CITY COLLEGE OF NY, MOTHER LEE IS AN ADJUNCT PROFESSOR AT THE BOROUGH OF MANHATTAN COMMUNITY COLLEGE. THIS POEM IS PART OF A FIVE-PIECE COLLECTION OF POEMS ABOUT WOMEN IN THE BIBLE. MOTHER LEE IS A PROUD MEMBER OF THE ALPHA KAPPA ALPHA SORORITY.

UNBENDING FAITH

(Luke 13: 11-13)

For 6,570 days
an afflicted daughter of Abraham
is stooped like a bent sycamore

prickly pain plagues her spine
twisted and curved like aged tree roots
she is "bowed together"
cannot lift herself up or hold her head high
hers is a snail's walk
a most pitiable sight

this godly woman the Bible does not name
with crystal-solid belief in Jehovah
finds her way to the synagogue every Sabbath
in spite of her crippling malady
and though she suffers for 216 months
does not ask for relief

Jesus singles out this wilted violet
in a garden of worshipers to cure
her genuine spiritual light shines meteor-bright
the Master says, she's "been bound by Satan"
as a special object of His mercy
He calls her to His side with a voice of compassion
"Thou art loosed from thine infirmity"

His hand touches her
she is immediately made straight as a sapling palm
this nameless woman glorifies God
pouring forth thankfulness
in a continuous waterfall of praise
she is now able to serve the Lord as never before
with unbending faith

Min. Cynthia E. Nwizu is a member of JLS and serves as an Associate Minister at Convent Ave. Baptist Church, alongside Rev. Dr. Jesse T. Williams, Jr. She has been at Convent for 35 years, licensed for 15 years, and during her tenure has cultivated youth discipleship through engaging and instructive activities and initiatives. Min. Nwizu earned her baccalaureate from Cornell, her MBA from Columbia University and M. Div. from the Alliance Theological Seminary. She is currently a doctoral candidate at Fordham's Graduate School of Education. In addition to teaching and preaching, Min. Nwizu has a burden for corporate and individual prayer within the Body of Christ.

CULTIVATE COURAGE

“A BALL OF CONFUSION. THAT’S what the world is today (hey, hey),” sang the R&B group The Temptations in 1970 as they enumerated the injustices of the day against a soulful beat. Yet, as we read our news-feeds and watch the latest dramas play out in our city, Washington DC and the Middle East, the refrain remains the same some 50 years later: the world is a ball of confusion. Add the increasing rate of change driven by state-of-the-art technology and a dash of a cynical culture that promotes the absence of absolute truth and no universal purpose in life, and we have a world that can strike terror in a person’s heart.

Let’s be honest. At some level, we all struggle with unhealthy fear. For some of us, it starts when we are children and carries over into adulthood. For others, it develops as we face the challenges of daily living in our unstable, ever-changing world with uncertainty lurking around every corner. Fear is powerful, able to cripple and paralyze us from advancing. I like how Evelyn Pelczar puts it her article “The Power of Fear,” (<https://www.elitedaily.com/money/the-power-of-fear>) “An overwhelmingly disturbing force of the human mind, fear has the power to sway, distort and rupture the conventions of the human psyche. The mind, body and spirit succumb to its ghoulis atrocities...”

BIBLICAL BOLDNESS

But throughout the Bible, heaven says “do not be afraid” (e.g. Luke 1: 30 NASB) and to “take courage” (e.g. Matthew 9:22 NASB), especially as God moves us forward into unknown, unfamiliar, and uncharted territories in preparation to do a new thing. “Take courage” is a command to be bold or brave in a scary situation. Courage does not necessarily mean the absence of fear, but courage pushes us past our fear. This courage is sourced by faith in the One who is omnipotent and able to subjugate all fears. It grows from faith in the Almighty God who reigns, cares for our every need and loves us so much that God incarnated God-self in the person of Jesus Christ just to die for our sins and provide us the way to relationship with God.

Fear is referenced in the Bible many times. As a matter of fact, the origin of fear in the Bible can be traced to Adam after the Fall, when he responds to God by saying, “I heard the sound of you in the garden, and I was afraid” (Gen 3:10 NASV). Since that terrifying moment in the Garden, humankind has lived with the constant possibility and threat of being afraid. God knew that we would struggle with this emotion. For some of us, that struggle is a daily battle. For some of us, it’s a nightmare. Hence, we

are commanded to take courage. And because we have Jesus as our high priest, we can come to God boldly in prayer whenever we need (Hebrews 4: 16).

As we move forward into a new year and a new decade, we will need new levels of courage and biblical boldness to move into our next season. We need new levels of courage to pursue the 2020 vision; end that toxic, unhealthy relationship; start that ministry, and make the changes that need to be made for us to enjoy the peace, joy-filled and abundant life that God intends for us.

PSALM 27: A GUIDE TO ACTIVATING COURAGE

Psalm 27 a song of fearless trust in God. It gives hints on how to activate courage in our lives.

One way is to reclaim our identity in God. Society bombards us with messages telling us who we are, how we should feel, and what we should want. We, unfortunately, buy into this. However, the Psalmist declares his connection with and trust in the LORD. He identifies with God with whom he has relationship and has experienced in such a way that he claims God as “his” light and salvation. In addition, because of who God is, the Psalmist confidently proclaims that, in the midst of his enemies and the wickedness that tries to come for him, he won’t be afraid (vs. 1-3).

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URBAN EVANGELISM - THE POLITICAL ASPECT

REVEREND DR. CALVIN R. KENDRICK

URBAN EVANGELISM, IN MY opinion is the political movement of the church to address urban issues. Practicing the principles of Urban Evangelism is a must if a church wants to be relevant in addressing the urban issues. There are some urban issues that have not been solved and remain as crises, such as: homelessness, poverty, unemployment, underemployment, overcrowded hospitals with inexperienced doctors, overcrowded classrooms with unprepared and inexperienced teachers, and the general lack of concern for the lives of black and brown people as demonstrated by the policy of law enforcement authorities to shoot first and ask questions later.

The Political Challenge and the Religious/Urban Evangelism Response

Urban Evangelism is a must in the African American community and in other communities of color, to address the many challenges where urban issues and concerns exist. It is unfortunate that the churches and politicians have not always galvanized their resources to address these problems that seem to be eroding the dreams of our communities; through all age groups from our children all the way up to our senior adults. The goals and aspirations of our adolescents, young adults and middle-aged adults are most affected. Many churches and politicians have not always stood strong and tall together in the community to address urban

issues as an ongoing preventive measure.

We can certainly point our fingers at the political world for not making a positive difference in our communities. However, it is not the responsibility of elected officials and the government alone to address these issues. Spiritual leaders are responsible also. What can this possibly mean?

"The church is responsible, too, for victim-blaming and producing guilt...the doctrine of sin as original and total plays a large part in maintaining guilt... Blessings are from God, but alienation comes from us."¹

The church and houses of worship have a greater responsibility to address such concerns and issues because the "church" is the parent of the community by the calling of God (2 Chronicles 7:14). Urban Evangelism is designed not to just witness and evangelize, but to lead people to Jesus for a life changing commitment. This is the most important task along with making disciples. Urban Evangelism is also designed to make the church and the community aware of the challenges and the growing crises that continue to arise. Therefore, if challenged communities are going to be delivered from destruction and be empowered to have increased knowledge and skills, then the people of the community must realize that our local politicians cannot win this battle alone. The urban evangelist needs to encourage and prepare church goers to be

true disciples (Luke 9:23).

How can urban issues and concerns be addressed and handled by the efforts of Urban Evangelism and our political leaders? Three things that can be done include:

Religion and politics must mix in the Black Community; finding common ground. There are people who still say that religion and politics don't mix, but for the African Diaspora, church and community, religion and politics must mix. The political leaders must remember and respect their religious roots. The church is the strong hold for our Black Politicians, in which there should always be a strong collaboration among the two. The church/houses of worship must always hold political leaders of all cultures accountable. A most important area where Urban Evangelists and political representatives should work in partnership is in encouraging and informing communities to complete the 2020 Census.

Town Hall meetings must be housed and hosted by houses of worship at least monthly to develop and maintain action plans that will make sure political promises are kept and continued. Progressive ongoing advancement is always at the top of the list from education to proper employment.

Promotion of holistic values with a special emphasis on the millennial generation must be a priority. Although the government has not said much about family values, the church must address

¹ T. Richard Snyder, *Once You Were No People: The Church and the Transformation of Society*. (Bloomington: Meyer-Stone Books, 1988), p. 45

After leaving home, I spent decades learning of Christ's way. I eventually understood that it's not that beliefs don't matter, but rather it is how we live our beliefs in relationship with others that matters more. We can't say we love God if we do not love those who we see every day (1 John 4:20)—and that requires being in meaningful relationships. I've also learned that being in relationship is not the same as agreeing. We can have significant differences with someone on nearly every point of faith and practice and still carve out some common ground on which to meet, if nothing else other than shared humanity and recognition of the another's intrinsic value and worth.

Now when I meet those of other faiths, who have traveled other paths, I focus on who they are. I am eager to hear their stories, and seek to understand how I can communicate God's love toward them simply because they exist. I think that I'm finally learning a little of how to practice God's religion, which I believe is love.

Presidents of UMBA' Auxiliaries



Sis. Stacia Williams is President of the Lottie B. Heath Youth and Young Adults' Auxiliary (LBH). She first joined LBH under Moderator Graham, where she became the 1st Vice President. Her time ended when she enrolled in Nyack College to pursue a career in education, later earning a Masters' degree in Special Education from Lehman College. Sis. Williams always felt God calling her to work with children, in both the educational system and in ministry. After graduation, she returned to UMBA, attending functions and assisting wherever needed. She was elected LBH President under Moderator Washington. Sis. Williams stands firm in believing that God is a way maker with whom all things are possible. As the LBH Ministry continues, she prays that God will continue to bless the Auxiliary beyond measure. President Williams is a member of the Mt. Hebron Baptist Church, where her father, UMBA Financial Secretary, Rev. Wayne Williams is Pastor and her mother, Sis. Rosemary Williams is Leading Lady.



Deacon Kelvin A. Jefferson, a native New Yorker, is President of the Laymen's Auxiliary. He received his B.S. degree in Business Administration from Voorhees College in Denmark, SC. Class of 1984. Deacon Jefferson is a member of Gospel Missionary Baptist Church, Rev. Dr. James E. Wilson, Pastor. He was ordained a Deacon in November 1998 by the late Rev. Dr. Henry L. Smalls. He served as Deacon Chairman, Male Chorus President, member of the Brotherhood, Street Ministry and current Adult Sunday School teacher. He's on his second assignment as UMBA's Laymen President having served from 2003-2007. President Jefferson has a heart for Men's Ministry guided by scripture which reads "Behold, how good and how pleasant it is for brethren to dwell together in unity". Psalm 133:1. He recently retired after thirty years of service with New York City Transit. For 29 years, he has been happily married to Mrs Everlena Jefferson.

President of the
Laymen's Auxiliary



Deaconess Lucile Coleman Graham, an Alabama native, is president of the Ushers' Auxiliary. She grew up in a Christian environment, accepted Christ as her Savior on September 7, 1969, and has been worshipping and serving God until this present moment. Moving to New York City in 1974, she joined the East Mt. Olive Baptist Church under the leadership of the late, Rev. Dr. F. C. Cowans. In 2019, President Graham celebrated 50 years as a Christian, 45 years at East Mt. Olive and 15 years as a Deaconess. She was ordained to the diaconate ministry by East Mt. Olive Senior Pastor, Bishop M. Philip Crichlow in 2004. Deaconess Graham earned her Bachelor of Business Administration from Alabama State University. She worked in the banking industry for nearly 40 years. In retirement, she volunteers for the Salvation Army, works with the NY branch of the National Association of University Women, where she is corresponding secretary, and spends time with her beloved husband, Edward, her children and grandchildren.

President of the
Women's Auxiliary



Rev. Dr. James Loren Russell, born in Harlem and raised in the Bronx, is President of the Rev. Dr. John L. Scott Associate Ministers' Auxiliary (JLS). He serves at both the Goodwill and Greater Universal Baptist churches, alongside Rev. Dr. Booker T. Sears, Jr., and Rev. Dr. Daniel Dupree, respectively. For 32 years, he has been happily married to the former Evelyn White. An entrepreneur with expertise in finance, Rev. Russell established the JLR Company in 1992 to provide financial planning services to churches and organizations. He served the Southern Baptist Convention for seven years as a strategy coordinator and finance consultant. He is a community activist, working particularly with police organizations, political leaders and not-for-profits. Russell writes a weekly column for the Bronx Chronicle and hosts a weekly online radio show, Matters of Faith. He is also author/publisher of Matters of Faith: The Book. Rev. Russell earned his M. Div. from The Drew School of Theology and received an honorary D. Min. from Virginia University of Lynchburg.

President of the
Dr. John L. Scott
Associates Ministers'
Auxiliary



Deaconess Tyra J. Williams, a New Bern, NC native, is President of the Nurses Auxiliary (NAUMBA). She received her early Christian training at the Trinity Baptist Church, under the leadership of the late Rev. Dr. Nathaniel Tyler-Lloyd. She currently serves at the White Rock Baptist Church, Mt. Vernon, under the leadership of the Rev. Robert K. Williams. Deaconess Williams is a devoted and faithful church member. She has served in the Willing Workers/Hospitality Ministry; as Assistant Superintendent for Church School, and in the Nurses' Ministry, where she is President. Active in the Baptist witness widely, she regularly attends the National Baptist Convention, USA and has served as an officer of the Empire Baptist Missionary Convention Ushers & Nurses auxiliary. She earned her B.S. degree from Iona College. Deaconess Williams loves the Lord and His Word, she understands the value, victory and vitality of speaking and singing His praises.

President of the
Nurses Auxiliary



The Presidents Davis

History was made in December when, for the first time in UMBA history, two siblings were installed as UMBA Auxiliary Presidents. Daughters of the late Deacon Walter Lee Davis and Missionary Geraldine Davis -- **Celestine and Juanita** – lead the Women’s Auxiliary and the Congress of Christian Education, respectively. After moving to New York, the Georgetown, GA natives both initially found a church home at the Mt. Hermon Baptist Church. Congress President Juanita Davis served there for 47 years, variously as church clerk, Sunday School teacher and Director of Christian Education before moving to the Solomon Temple Baptist Church, where Rev. D’Eugene Rogers is Pastor. Women’s President Celestine Davis served as head of Mt. Hermon’s Floral Ministry for ten years. For the past 12 years, she has been a member of the St. Paul Baptist Church, where Rev. Dr. V. DuWayne Battle is Pastor. The Davis sisters are both accomplished professionals President Celestine Davis has a long, stellar career in the nursing and hotel administration fields, and is also a former executive secretary for a major law firm. President Juanita Davis worked in New York State government for nearly 35 years, retiring after the 9/11 attacks in 2003. She is Grand Secretary Emeritus of the Eureka Grand Chapter Order of Eastern Star State of New York, Inc. With a family-instilled love for education, both are heavily involved in Christian Education. Both sisters have degrees in business administration and bring a knowledge and respect for business organization to their work in ministry. Moreover, they bring prayerful spirits and a love for God and God’s people. As President Juanita Davis recalls their parents always told them, “always pray for everything, and stick together.” They look forward to serving God through their work at UMBA as our first sibling presidents.

YOUR HEALTH



DO THIS EVERY DAY!

EMBRACE A DAILY FITNESS ROUTINE THAT HELPS COUNTER LIFE'S CHALLENGES

by Dr. Janice Francis

DIABETES MELLITUS

Let's talk about diabetes! Why? In the USA (according to the CDC) the prevalence of diagnosed diabetes mellitus increased from 0.9% in 1958 to 7.4% in 2015. In 2015, 23.4 million people had diagnosed diabetes compared to 1.6 million in 1958. Today more than 30 million Americans are living with diabetes and 1 in 4 do not know they have it.

What is diabetes? In this disease, the body has an impaired ability to respond to the hormone insulin. As a result carbohydrates are not metabolized appropriately and elevated levels of glucose are seen both in the blood and urine. Insulin is produced by the pancreas and in the face of elevated glucose, the pancreas produces more and more insulin to keep the glucose at the appropriate level for the health of the body. As the disease progresses, the pancreas is unable to produce enough insulin to maintain the appropriate glucose in the blood and sustained hyperglycemia is the result. Long term complications from high blood sugar include heart disease, strokes, diabetic eye disease leading to blindness, kidney failure and poor blood flow in the limbs which may lead to amputations.

There are two main types of diabetes mellitus. Type 2 (which is more common) and Type 1. In a type 2 diabetes mellitus,

the cells of the body have an abnormal response to insulin. One very important role of insulin is to allow the cells of the body to use glucose as energy. In other words, insulin acts as a key to open the cells of the body allowing glucose to enter the cell and be used.

Some of the symptoms of increased glucose in the blood include increased thirst, unexplained weight loss, frequent urination and increased hunger.

In type 1 diabetes, the pancreas cannot produce insulin and thus there is no way to use the glucose for energy and glucose builds up in the blood and urine.

While life-style changes can affect the course of type 2 diabetes, people with type 1 diabetes must have supplemental insulin to live.

TO BE CONTINUED!!!!

HOW DOES INSULIN WORK?

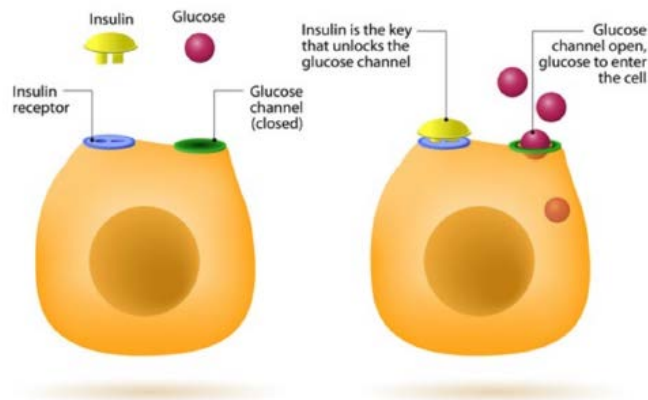


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REV. B. DUNDEE HOLT, FORMER PRESIDENT OF JLS, IS EDITOR-IN-CHIEF OF THE UMBADVANCE AND CURRENTLY SERVES AS UMBA PROGRAM CHAIR. THIS YEAR, HE CELEBRATES 44 YEARS IN MINISTRY AND 25 YEARS AT THE MEMORIAL BAPTIST CHURCH, WHERE HE SERVES AS AN ASSOCIATE, ALONGSIDE REV. DR. RENEE F. WASHINGTON GARDNER. A FORMER NEWSPAPER REPORTER, PUBLISHING EXECUTIVE AND DEVELOPMENT OFFICER IN THE NOT-FOR-PROFIT SECTOR, HOLT CURRENTLY MANAGES MOTOWN LEGENDS MARTHA REEVES. HE EARNED HIS UNDERGRADUATE DEGREE FROM POMONA COLLEGE, DID GRADUATE STUDIES AT UNC-CHAPEL HILL AND IS CURRENTLY ENROLLED IN FULLER THEOLOGICAL SEMINARY.

RACIAL DISCRIMINATION CHALLENGES OUR YOUTH

REV. B. DUNDEE HOLT

WITH MATERIAL EXCERPTED FROM ARTICLE IN BLAVITY (ONLINE) BY ALYSSA CURTIS

Adults will often complain about how moody, sullen, withdrawn or angry teens seem. When asked “what’s wrong?” many teens will simply shrug or say “nothing.” The fact is that our young people live in and are impacted by a social media driven world, hostile in subtle ways that those of us who grew up without Facebook, Instagram and the like can’t imagine. We can perhaps be more understanding of, have more empathy and better support our young people if we understand some of their challenges.

Many of us still remember what it was like to be shunned by the “cool kids” in school. To be teased or tortured; called ugly, or fat, a sissy, or not to be invited to the party. That was upfront, personal and within a relatively small population. Imagine that same treatment coming in waves, displayed widely and shared with strangers who then join in on the mistreatment.

NEW PRACTICES OF RACIAL

DISCRIMINATION

A new Rutgers University study finds that Black teenagers in the US have those experiences and face discrimination multiple times a day, most frequently online.

The study, published in the *Journal of Applied Developmental Psychology*, examined how often Black teens experience racial discrimination. The study concluded that discriminatory incidents often lead to depression.

“This research reflects what researchers and activists have asserted for years: Black adolescents are forced to face antiblack microaggressions on a daily basis. Importantly, this study expands the research on the many ways that discrimination happens, whether it is being teased by peers, asked to speak for their racial group in class or seeing a racist post on social media,” lead author Devin English said in a press release.

Researchers studied the day to day lives of 101 Black teenagers living in predominantly Black neighborhoods in Washington D.C. The participants, ages 13 through 17, were surveyed daily for a two-week period, looking at each student’s experience with racial discrimination.

It was concluded that the internet is a major source of discriminatory behavior directed toward Black youth, who spend more time online than kids of other races and ethnicities. The internet has also been found as a source of frequent discrimination because of the anonymity and lack of consequences.

Results also show that teasing about things such as hair and skin tone are happening at a similar rate to more general forms of discrimination.

ATTENTION MUST BE PAID





Students' changes in psychological state were also examined. While there was a wide variety of incidents faced, including name-calling and jokes about physical appearance, almost all of them led to short-term depressive symptoms.

There is an ever-growing body of research showing that persistent racial discrimination targeting Black teens results in anxiety, a damaged self-image, substance abuse, decreased academic performance and general disengagement.

"Racial teasing is important because it is one of the most common ways adolescents

communicate about race," English said. "Critically, young people and adults, such as teachers, often see this teasing as harmless and choose not to address it. Our results, however, show several types of racial teasing are harmful for black adolescents."

Researchers say that there is a need for more "developmentally-appropriate" and more modern approaches to racial discrimination among youth.

In their findings, researchers suggest that schools – and we suggest that churches -- incorporate programs to specifically prevent and address microaggressions. We need to teach, preach and demonstrate love and acceptance. We need to address it when we see kids being excluded. We need to get involved.

As English says, "people in positions of power...have a responsibility to consider discrimination as a critical aspect of the daily experience and health of black teens." Attention must be paid. Action must be taken. Lives are at stake.



Continued From 7 - Cultivate Courage

In Christ, we have relationship with the Almighty. God gives us the Holy Spirit to empower us to live abundantly. Thus, in Christ we are light in the darkness (Matthew 5:16), we are more than conquerors (Romans 8:37), we are temples of the Holy Spirit (1 Corinthians 6:19). Our identity must be subsumed by the identity of Christ in the person of the Holy Spirit so that when we step into scary situations, the fragrance of Christ fills the space, because we are not our own (1 Corinthians 6:19). We are God's!

We can also cultivate courage by reconnecting with God in deeper intimacy. In verses 4-6, the Psalmist longs to dwell in the house of the Lord all the days of his life. He expresses a desire to be in the Lord's presence. There is intimacy in God's presence. This place of hiding illustrates the spiritual life living in God's nourishing closeness. The believer enjoys this in crucial trust (Psalms 56:3), in respectful awe (Psalms 8:1,8), and in valuing God above all others (Psalms 73:28). In that closeness, we can give all our fears to the Lord and experience the safety found under God's shadow (Psalm 91:1). In that "secret place" there is protection from sin and affliction, as well as restful renewal. When the Holy One is our place of habitual dwelling we can trust and "hold to God's unchanging hand" in all our circumstances.

A CHANGE OF MIND.

Finally, we can cultivate courage by renewing our minds (Romans 12:2). Living in a fallen world and dealing with each day as it comes is difficult and challenging enough. Add to the "ball of confusion" our

specific vicissitudes of life and we are assured of the reality that we have a spiritual enemy who seeks to disrupt, discourage, distract, and ultimately destroy our lives.

We need to renew our minds, which means to change our thinking from our way to God's way. Without the daily discipline of reading God's Word and allowing it to transform the way we think, act and respond, we are helpless to stand against the enemy's schemes. We gain the ability to discern between fact and fiction, truth and lies, right and wrong, and good and evil when we are transformed by the renewing of our mind. If we rely on our own devices to make the tough decisions and face the real trials and fears of life, we are bound to live a defeated life. We are subject to believe the lies of the enemy who asks, "Did God really say that?" (Gen 3:1).

Daily time in God's Word allows us to understand, grasp and trust in the promises of God. Scripture allows us to know the truth, thus enabling us to spot a lie from hell. Get to know God's affirming, loving, calming voice. You will be able to distinguish between the enemy's voice of deception, condemnation, and fear.

As each of us moves into our next fill-in-the-blank (e.g., ministry, relationship, job, school, health challenge), let's seek to cultivate courage so that we can declare a resounding "Yes, Lawd!" – even when we do not quite feel it. Let's encourage one another to do the same (Hebrews 10:24) as the Holy Spirit guides us into the way the Lord would have us to go and molds us into the image of Christ. Jesus.



First African-American Senators and Representatives to Serve in Congress



Books of the Bible

P	H	I	L	I	P	P	I	A	N	S	H	A	E
T	M	A	R	K	W	E	H	T	T	A	M	K	E
C	O	R	I	N	T	H	I	A	N	S	U	N	J
P	G	A	L	A	T	I	A	N	S	L	T	A	E
S	T	N	E	L	U	L	T	J	A	A	C	V	S
N	A	O	S	H	T	T	P	H	L	S	O	O	U
A	A	I	A	E	E	H	N	T	V	N	L	H	S
M	E	T	T	B	I	E	E	N	A	A	O	E	T
O	H	A	A	R	J	J	N	V	T	I	S	J	I
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SALVATION
 HEBREWS
 EPHESIANS
 LUKE
 CORINTHIANS
 GALATIANS
 JEHOVA
 TIMOTHY
 COLOSSIANS
 PETER
 JUDE
 ROMANS
 JOHN
 MARK
 PHILIPPIANS
 REVELATION
 JESUS
 MATTHEW
 TITUS
 JAMES

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Continued from page 8 - Urban Evangelism-How It Works

and teach family values, which is one of 27 doctrines of the church designed and created by God. The flag is not above the cross, but the cross is above the flag. Therefore, it is my belief that Urban Evangelism is the spiritual political empowerment of the church to address urban issues, in which the political powers must follow (Luke 4:18).

SAVE THE DATE



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